

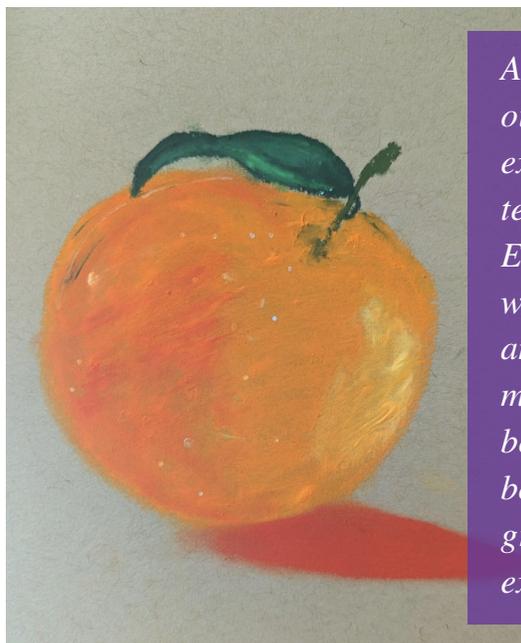
VICTORIA BYLER, LCSW, REACE

BIOGRAPHY

Victoria Byler, M.S.Ed., LPCC, CGP, DBT-C, REAT, EMDR Certified & CIT is a licensed clinical counselor and the Ohio Regional Representative for IEATA. With nearly a decade of experience across community-based, in-home, and private practice settings, she brings a grounded, relational approach to helping clients navigate emotional and psychological healing.

Victoria is the founder of Revive Counseling LLC, a Cleveland-based private practice focused on men's mental health. Her work

supports men in developing emotional literacy, improving communication, and healing from long-standing patterns of stress, trauma, and anxiety. She integrates EMDR, expressive arts, DBT, somatic, and ego-state approaches to help clients move toward greater confidence, connection, and purpose. Outside of her clinical work, Victoria serves on the Associate Board for The Centers, a nonprofit committed to accessible, community-based care. She also volunteers through her Alpha Chi



A simple first attempt, this oil pastel of an orange explores shape, light, and texture with curiosity. Each stroke captures my willingness to play, learn, and be present in the moment—an honest beginning that reflects both simplicity and growth through creative expression.

Omega alumni chapter, where she leads small, non-therapy groups focused on personal growth and wellness topics to support sorority sisters across the country.

As a dedicated member of IEATA, Victoria values the power of creative and embodied expression to foster deep healing and transformation. She is passionate about building spaces—both clinical and communal—where curiosity, connection, and authenticity can thrive.



Painting outside, I love blending creativity with the natural world. In this moment, I'm creating a base layer for my canvas and then using flowers from my garden to imprint textures onto the canvas—exploring new mediums and letting nature become part of the art itself.

WHAT DREW YOU TO THE FIELD OF EXPRESSIVE ARTS?

What drew me to the field of Expressive Arts was how naturally it mirrored the way I've always processed life. Growing up, I turned to poetry, journaling, and movement—especially running—as ways to work through emotions and make sense of challenging experiences. These creative outlets helped me feel grounded and connected when words weren't always enough.

As I entered the mental health field, it felt instinctive to integrate expressive arts into my work with clients. I've seen how powerful it can be for those who struggle to verbalize what they're feeling, offering another way in—one that's often more intuitive and healing.

For me, expressive arts isn't just a modality; it's a lifelong resource that continues to shape how I understand myself, others, and the work I do in the world.

HOW ARE YOU IMPLEMENTING MULTIMODAL EXPRESSIVE ARTS IN THE DOMAINS OF THERAPEUTIC WORK, ARTISTIC PRACTICE, CONSULTATION, EDUCATION, AND ACTIVISM?

In my therapeutic work, I integrate multimodal expressive arts with EMDR, emotional literacy, and somatic approaches. Creative tools like writing, movement, and visual expression allow clients to access deeper emotional layers, helping them process trauma and regulate their nervous systems in a holistic way. This integration is particularly helpful for clients who struggle to verbalize their experiences, as it provides alternative pathways for self-expression and healing.

I also offer EMDR consultation, where I encourage clinicians to incorporate expressive arts into their practices to enhance emotional processing and foster deeper connection with clients. I believe art, in all its forms, plays a crucial role in activism, especially in advocating for marginalized communities. Through social media and creative content like videos and music, I use expressive arts to raise awareness, amplify voices, and challenge societal norms. By incorporating expressive arts into my work, I aim to foster healing, inspire action, and promote inclusivity, helping others find their voice and contribute to positive change.



This image was a directive from the book: Jamie Marich, Process Not Perfection, Mural of Transformation. Description: Transformation reflects my journey—rooted in growth like the tree, shaped by mountains I've climbed and those ahead. The sun, birds, and stars remind me there's a vast, beautiful life beyond what we can see—a quiet, constant expansion, much like the one unfolding within me.

HOW DO YOU ENVISION YOUR WORK AND ARTISTIC PRACTICE MOVING FORWARD?

I envision my work and artistic practice growing by incorporating more group-based approaches, where expressive arts can foster connection, healing, and shared learning. I see the potential for offering group therapy or workshops focused on emotional literacy and self-expression, especially for men navigating complex emotions. In the future, I may also explore expanding into a coaching business, blending expressive arts with performance coaching to help individuals build confidence, self-awareness, and resilience in their personal and professional lives.

WHAT ARE YOUR THOUGHTS ON THE CURRENT ROLE OF EXPRESSIVE ARTS IN YOUR REGION AND INTERNATIONALLY?

In Ohio, I've seen expressive arts gain more recognition and value, especially with initiatives like 'Arts In Stark' in my hometown of Canton and the growing art community in Cleveland. Cleveland is home to vibrant arts organizations like the Cleveland Museum of Art, Arts Cleveland, and the Cleveland International Film Festival, all of which help foster a strong cultural and creative presence. There's an increasing support for creative expression as a tool for healing and community engagement, and organizations like IEATA in Ohio are contributing to this movement!

Internationally, expressive arts continue to be recognized for its therapeutic potential, with communities around the world embracing creative modalities as vital tools for personal and collective healing. The global growth of the field shows how art transcends cultural and geographical boundaries, offering universal access to self-expression and emotional resilience.

HOW DOES BEING A PART OF IEATA IMPACT YOUR WORK IN EXPRESSIVE ARTS?

Being a part of IEATA has greatly enriched my work in expressive arts by providing a network of like-minded professionals and access to valuable resources. Through IEATA, I've gained exposure to diverse expressive arts techniques and approaches that I can integrate into my therapeutic practice.

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The community's focus on promoting the healing potential of art has also reinforced my belief in the power of creativity for mental wellness. Additionally, the opportunities for professional development, such as workshops and conferences, have deepened my knowledge and broadened my approach, allowing me to better serve my clients and continue to grow as a practitioner. IEATA's commitment to expanding the reach of expressive arts in therapy has inspired me to continue advocating for its integration into mental health practices, both locally and beyond.

SOME FINAL THOUGHTS...

I am incredibly grateful to be part of the IEATA community and to have the honor of serving as the Ohio representative. The collaboration and support I've experienced from fellow members—whether they are artists, counselors, social workers, or therapists—has been invaluable. Being a part of IEATA has allowed me to connect with passionate professionals who share a commitment to using the expressive arts for healing and growth. I continue to be inspired by the collective knowledge and creativity that drives the field forward. The work we do together not only impacts our clients but also strengthens our communities, and I'm excited to contribute to this movement. Thank you to everyone in the IEATA community for the incredible work you're doing and for the continued support that makes this journey so meaningful.

EDUCATION, TRAINING, AND PROFESSIONAL LINKS

Website: <https://revivecounselingllc.online/>

The University of Mount Union: Bachelors Of Science. Major in Psychology and Minor in Human Development and Family Science.

Youngstown State University: Masters Of Education in Counseling.

EMDR Certified and Consultant in Training (CIT) through EMDRIA